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HOW TO LIVE

Comments on Health, Happiness and Longevity

GEORGE F. BUTLER, A. M., M. D.

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EATING TOO MUCH.

While certain causes, owing to the stress of poverty, cannot obtain the surplus they really need, the majority of people eat too much. Fortunately a moderate degree of over-eating does not appear to be markedly injurious. The digestive apparatus, though compelled to do more work than is really necessary, proves equal to the demand made upon it, and does not break down or get seriously out of order. This is but one illustration of the way in which the human body adapts itself to conditions more or less abnormal. It is lucky for the average man that physiological laws are not of Medo-Persian inflexibility. He can violate them to a limited extent without incurring the penalty, though he finds that it does, in fact, do him harm. Careful investigations prove that the diet "destructive metabolism," or, in plain English, the inevitable result of over-eating, is not so serious as it is generally supposed to be. It is a little different, if the ingredients are in proper proportion and if the diet is sufficient to keep the body in good health. The part of nitrogen to seven or eight parts of carbohydrates food is found to be of nutrition. A very small addition of stimulants appear to increase the amount of possible work, but moderately free drinking, in fact, does not harm the body. A man who eats and equally active habits eats only 14 or 15 ounces. This is a little lighter, as will be seen from the figures above, than enough for a hard working man, even when all meat is excluded from the diet. It is not uncommon thing, however, that the man of average size and activity to eat double this amount, or from 25 to 27 ounces of chemically dry food. In fact, 12 to 14 ounces would be the diet of the majority of people eat. It is not so much as they need.

If we do not "live to eat" we are very far from making the law of our diet "live to eat." The palate is tempted to indigestion by appetizing dishes which are not fully satisfied with a normal amount of plain and wholesome food. Probably there are few people who will not have to confess that they are over-eating. The food which is not properly digested, and the waste products of the digestive system, are the cause of many of the ailments of the human body. The high cost of food has revived the appetite which had been completely suppressed by the meat diet. The result is a condition of the body which is not only a waste of money, but a waste of health. The result is a condition of the body which is not only a waste of money, but a waste of health.

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originality and individuality characterizes all the printed

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VOL. XXXIII. NO. 25.

ALLIES TO RULE

CONSTANTINOPLE

Turkish Capital Included in Zone of the Straits

MAKES IN A LARGE AREA

Will Be Under Control Of A Commission And Have Its Own Flag, Budget And Separate Organization.

Washington.—Limited internationalization of the port of Constantinople, its inclusion within the "zone of the straits" is provided for in the provisional terms of the Turkish treaty. This is disclosed by an official summary received here of the jurisdiction provided for the Inter-Allied Commission of control.

Granted its own flag, budget and separate organization, the commission, which will include the smaller nations of the zone of the straits, will have authority over a territory considerably greater than some of the smaller nations of Europe. Made almost sovereign in itself, the commission is to be practically independent of the League of Nations as stipulation is to be made that, should it find liberty of passage of the straits interdicted with the new Greek frontier, it may as may be deemed necessary to reserve the freedom of the straits.

The zone includes not only the Bosphorus, Sea of Marmora and Dardanelles, but also three miles off shore from the mouth of the Dardanelles and the Bosphorus and the islands of Samothrace, Imros, Lemnos, Tenedos and Lesbos. A zone also is provided extending from 10 to 17 miles northwest of the Bosphorus and 828 miles south of it.

The northwestern limit is partly composed of the Greek frontier, 52 miles west of the Bosphorus, on the Aegean Sea; its western limit is 40 miles from the mouth of the Bosphorus, its southwestern limit is the partly common with the district of Smyrna, the southern limit is the entrance to the Dardanelles. The zone also includes an area on the coast of the Gallipoli Peninsula which Turkey gave to England, France and Italy for military and naval purposes.

The zone is to be controlled by the Inter-Allied Commission of control.

The Inter-Allied Commission of control is to be composed of representatives of the Allies.

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WOMEN IN COURT MUST DRESS DECENTLY.

Springfield, O.—Judge Frank W. O'Grady, of Common Pleas Court, issued a warning that women who apply for divorces in his court must be careful of their dress.

The Judge told attorneys: "I don't care if it is as hot as these women have got to wear, more clothes when they come into court. This thing of peepaboo waists and see-more skirts has got to stop."

LABOR UNIONS FOR RAIL OWNERSHIP

Compers Loses His Fight in the Federation

THE VOTE IS 29,059 TO 3,394

Proposition For Government Ownership With Democratic Operation Does Not Pass Any Particular Plan.

Montreal.—Government ownership with democratic operation of American railroads was endorsed by the American Federation of Labor Convention here after a bitter fight. Roll call showed that government ownership was endorsed by a vote of 29,059 to 3,394.

Disorder interrupted the roll call several times, when delegates of various crafts disrupted their votes.

Charges of "steam roller" were hurled at the chair by James Duncan, of Seattle, and other delegates, when it denied the right of roll call to delegates that split on the question.

Applause and "hoos" and hisses alternately greeted delegation votes.

The building trade delegations presented almost a solid front against government ownership supporting Compers and administration forces.

The railroad workers were supported by the great voting power of the United Mine Workers, Machinists, Irons, Textile Workers, Garment Workers and the Metal Trades Crafts.

The first clash on the roll call occurred when W. L. Hurd, who was president of the Carpenters' Union, announced that his delegation cast its 3,315 votes against the proposal.

In addition to these bills, permanent appropriations—annual expenditures authorized by Congress for stated periods—were reported.

These appropriations were for the year 1920, and for the year 1921, of which \$980,000,000 is for interest on the public debt and \$260,000,000 for the sinking fund.

Mr. Good charged off \$255,968,000 of the appropriations as a direct war expense, and the balance of \$1,000,000,000 was provided for the sinking fund and the interest on the public debt.

The Army and Navy together got \$855,968,000 for the next fiscal year, leaving a total of \$979,231,000 as the balance for the year 1921.

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